

AFRICAN SAFARI



The goal of this activity is for participants to stay active for up to 10 minutes. Use this trip or design your own trips, such as trips to various countries, childhood tales, or stories common to your participants' culture.

Benefits »

- ⦿ Provides a fun and imaginative way to be active.
- ⦿ Keeps participants active for 5 to 10 minutes.
- ⦿ Introduces heart rate awareness.

How to Do It »

Begin this activity after warming up and stretching. As you go through the scenarios, get participants as active as you can by exaggerating the chosen movements. Use fingers, arms, shoulders, legs, and feet however you can. Be imaginative and have fun! Nearly all of this activity can be done while seated.

Get Ready to Go

You will be taking your participant on a trek to Africa to hunt a lion! But first, they must take their heart rate (thumb side of wrist, 10-second count). Ask them to remember that number. Now they are medically cleared for takeoff.

Start the trip from their home. Begin with seated marching as they walk around their home packing. What will they need? Ask for ideas. Use the following cues.

- ⦿ Will you need a passport? Pretend you're going upstairs and getting a passport out of a drawer. Lift the lid of your imaginary, very large suitcase and put the passport in.
- ⦿ How about a safari hat? Pretend you're walking to another room. Reach up high into a closet. Oops, you can't quite reach it with the left arm, so reach with the right arm (stretch it out with Venus de Milo ribs and arms). Snag the hat and walk it over to your suitcase.
- ⦿ Pack a few more items, such as underwear that's still in the dryer downstairs, a toothbrush, and maybe a wallet that fell behind the nightstand. Find or retrieve the items and put them in the suitcase, one at a time.
- ⦿ Close the suitcase, drag it off the bed, and haul it with great effort down the stairs.
- ⦿ With great aplomb, open your front door, and lug that heavy suitcase out to your car. Pop open the trunk and load your suitcase.
- ⦿ Open the car door and hop in, get settled. You're off on your great safari!

Drive to the Boat Dock

- ⦿ Put your keys into the ignition, push in the heavy clutch, and start the car. It takes two tries. That's two clutch pumps!
- ⦿ Begin to drive the car. Use lots of arm motions to steer. Bounce and sway.
- ⦿ Lean over and turn on the radio.
- ⦿ Check out the neighborhood, Smell the Coffee at your local coffee shop.
- ⦿ Drop your cell phone on the floor and retrieve it. Chatter awhile and drive.
- ⦿ Whoa! Stomp on the breaks—you almost missed a stop sign. Put the phone down.
- ⦿ Reach over and pick up the stuff that slid off the seat.

- ⊙ Look over your shoulder. Did anyone see that?
- ⊙ Make some turns and have some other adventures on the way to the port.
- ⊙ Arrive at the boat dock and park.
- ⊙ Get your backpack from the trunk and put it on using great, big arm motions.
- ⊙ Haul out that heavy suitcase and hand it off to a valet.
- ⊙ Keep marching (while seated).

Get on Board

- ⊙ Keep marching.
- ⊙ Walk up a rickety plank to get on board. Use big, wide steps and let your trunk sway wide, too.
- ⊙ Your arms walk/climb along the handrail keeping you steady.
- ⊙ Now it's finally time to say goodbye. Hug all your family and friends.
 - Some family members are small. Bend down to hug them.
 - Some friends are tall. Reach high to hug them.
 - Wave good-bye! Big arm waves!

On Board the Ship

- ⊙ Play shuffleboard with imaginary big, long sticks.
- ⊙ Now you're getting seasick. Oh no! Rock back and forth in a wretched way until you've lost your lunch over the rail. (Be careful they don't hit their head on a table.)
- ⊙ Ah, now you feel better. Go swimming—use the breaststroke, sidestroke, and fancy diving, too.
- ⊙ Ballroom dance the night away. Some grand ballroom waltzing and a little jiggy.
- ⊙ Wake up early and stretch.

Arrive in Africa

- ⊙ De-board the ship using the same rickety plank. Big wide steps (while seated), body sways, and arms climb along the railing.
- ⊙ Meet your guide with a big handshake.
- ⊙ Climb in the jeep.
- ⊙ Put your backpack and camera behind you in the private jeep, with the backpack on one side and the camera gear on the other.

Start Driving

- ⊙ You're the driver because you like to be in control. Bounce along in the jeep over rough terrain.
- ⊙ The steering wheel is oversized. Use big arms and make some big turns.
- ⊙ Stop once or twice and survey the terrain. You're looking for big game.

Spot Something

- ⊙ You think you spot something. Get out of the jeep. Reach back in for your camera bag.
- ⊙ Start tromping through tall grass. Push the grass out of your face.

- ⊙ Trudge through a swamp (while seated), use big knee lifts with feet that keep getting stuck in the mud.
- ⊙ (Instructor roars loudly.) It's a lion! And it's coming straight for you!
- ⊙ Drop your camera and run.
- ⊙ Come to a tree and climb up it (stand up, if able).

Take Heart Rate

- ⊙ Your heart rate should be elevated well over that resting rate you took earlier. Is it? Are you breathing harder?
- ⊙ All that and you barely moved from your chair! Now back to that nasty lion.

Throw Coconuts

- ⊙ Turns out you're up a coconut tree. (It's the only one in Africa.)
- ⊙ Pick a coconut from your tree. (Reach up and unscrew a coconut.)
- ⊙ Throw one at the lion. It misses.
- ⊙ Use the other arm to get another coconut. Throw it!
- ⊙ Climb a little higher.
- ⊙ Dig through your pack for your extra camera and take a picture.

Resolve the Situation

The lion leaves or the guide arrives, whichever scenario you choose. Then they can climb back down and walk back to the jeep. Later that night, they can dance around the fire or help local citizens clear fields or build a school. It's your story now. When you're done, debrief them:

- ⊙ Did you have fun?
- ⊙ Were you amazed by the change in your heart rate?
- ⊙ We stayed mostly seated, right?
- ⊙ And it wasn't that tough? Fun, doable, and amazing aerobic results. Perfect!